

ABSTRACT OF THE INVENTION

A method of using a bowler's aid on the fingers inserted into the finger grip holes of the bowling ball and used to hold the ball. The bowler's aid is mounted on the finger or hand of the bowler by means of a fastening means. When the bowler's aid is in place, a finger pad finger pad shield is placed opposite the finger pad which may be connected to a load bearing means by a support means. The finger pad finger pad shield assists the bowler in using his or her natural force in the finger against the ball, for example when lifting the ball in its delivery, or in meeting the force of the ball against the finger. The bowler's aid may include a depth limiting means to control the depth of the bowler's finger in the hole of the bowling ball.